



I have been doing Laughter Yoga (LY) since 2017. It has saved me from my eternal seriousness and helped me deal with health and relationship challenges. I've learned to laugh through red lights, literally and figuratively. I almost always feel better after doing Laughter Yoga than I did before. It keeps me positive and youthful. I would love to share LY with you in a group setting, on zoom or in person.

Call, text or email me: Meg Harlor, Certified Laughter Yoga Leader
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I was Mickey Herz at MHC

